

FAVOURITES

1. FIVE STAR PORK

Braised pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.

39



1
5. MOO WAN (Pork with Macadamia Nuts)

Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.

34



6
6. KATA BENJARONG

Chicken | Beef

Stir-fried chicken or beef slices with seasonal vegetables topped with sesame seeds and served in sizzling hot plate.

36



10
10. GAI GARLIC (Garlic Chicken)

Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.

35



14
14. HONEY HONEY CHICKEN

Marinated chicken with special honey-soy-ginger sauce, served with pickled vegetables on the side (contains egg).

35



10
16. PRARAM

Prawn 39 Chicken | Beef | Pork | Tofu 33

Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce.

33



14

DUCK SPECIALS

- D1. NOODLE DUCK

Thai-style stir-fried egg-noodles with roasted duck slices, egg and vegetables.

37



D1
- D2. ROASTED DUCK CURRY GF very mild

Roasted duck slices in red curry sauce with coconut milk, seasonal vegetables, pineapple and grapes.

38



D3
- D3. GARLIC DUCK

Roasted duck breast and vegetables topped with special garlic-pepper-coriander sauce.

39



D3
- D4. PAD KAPAO DUCK (Duck Stir Fried with Basil) mild-med

Stir-fried dish with roasted duck slices, bamboo shoot and seasonal vegetables in spicy chilli-basil paste.

37



D8
- D5. CRISPY DUCK (Ped Saparros)

Crispy battered duck slices with special crispy duck sauce and pineapple (contains dairy).

37



D8
- D6. DUCKS and CASHEW NUTS

Stir-fried roasted duck slices with the Benjarong's special blend soy-based sauce, seasonal vegetables and topped with cashew nuts.

38



D8
- D8. SOM PED (Orange Duck) GF

Tender slices of roasted duck breast with tangy Thai-style orange sauce served with seasonal vegetables.

38

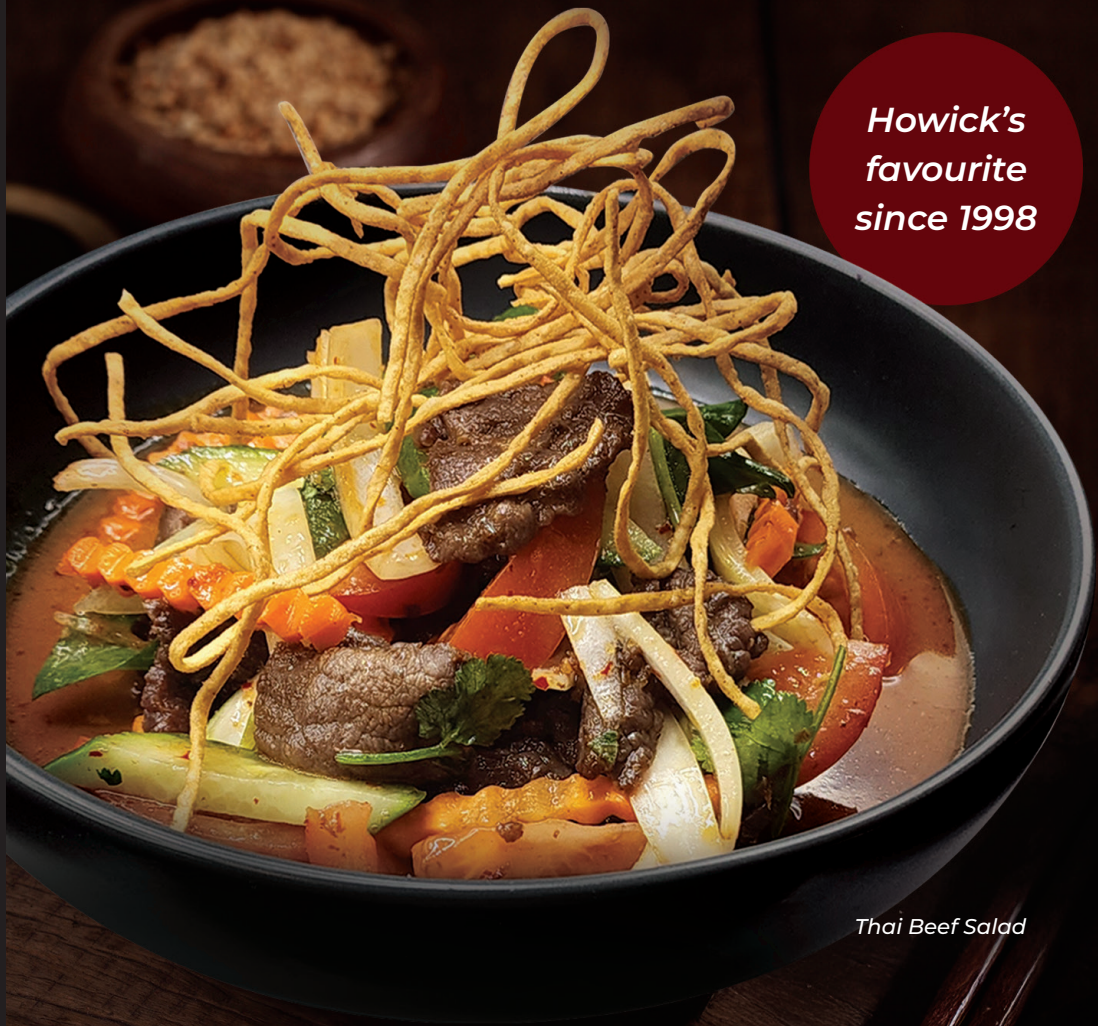
D8

DINNER MENU

Benjarong

THAI RESTAURANT

Howick's
favourite
since 1998



Thai Beef Salad

Ph: 09 533 9568 | 87 Picton Street, Howick
www.benjarong.co.nz

FULLY LICENSED & BYO WINE

If you have any food allergies or dietary requirements, please inform the staff.
Some dishes may contain traces of allergens due to the nature of our working environment.

ENTRÉES

- 1.1 CHICKEN SATAY (3 skewers) GF

Marinated chicken in skewers with peanut satay sauce.

16



1.1
- 1.2 THAI SPRING ROLLS (4 pieces) Chicken | Vegetarian

Thai spring rolls served with sweet chilli sauce.

13.50



1.3
- 1.3 CHICKEN & PRAWNS ON TOAST (3 pieces)

Deep-fried marinated chicken with herbs on toast topped tiger prawns and drizzled with sweet chilli sauce.

18



1.4
- 1.4 CURRY PUFF (3 pieces)

Puff pastry filled with chicken curry and potatoes.

15



1.6
- 1.5 BEEF SATAY

Marinated beef slices with peanut satay sauce and crispy deep-fried vegetables on the side.

17



W1
- 1.6 COMBINATION ENTRÉE

A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff).

18



2.1
- W1 RICE PAPER WRAPS GF

Rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (contains peanuts).

19



2.3
- 8.1 ENTRÉE JAE (Vegetarian Entrée)

Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.

15



2.3
- 8.2 TEMPURA BROCCOLI

Deep-fried crispy battered broccoli served with sweet chilli sauce.

12



2.3

SOUPS

- 2.1 TOM YUM SOUP GF mild

Classic warm and sour soup with Thai aromatics and coconut milk.

16



2.1
- 2.3 TOM KHA SOUP GF

Rich and tangy mild Thai coconut soup

35



2.3


	Entrées	Main Size (2-3 servings)	Family Size (4-5 servings)
Prawns	16	35	45
Meat Veg	16	33	40

THAI SALADS

- 3.1 THAI BEEF SALAD mild

Tender steak slices with onion, tomato, cucumber, chilli and Thai lemon dressing, topped with crispy noodles.


34



3.1
- 3.2 LARB GAI GF mild-med

Minced chicken with Thai herbs, chilli, red onion and zesty lemon dressing.


32



3.3
- 3.3 THAI PRAWN SALAD GF mild

King prawns with crunchy apple salad dressing

39



3.3

For safe food handling, we are unable to pack leftover food for you. However, we can provide takeaway containers for you to pack your own. Please ask our staff.

RICE & NOODLES

4.1 PAD THAI NOODLES GF
Prawns 35 **Chicken | Tofu** 32
Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.

4.2 THAI FRIED RICE
Prawns 33 **Vegetarian** 25 **Chicken** 28
Thai stir-fried rice with egg and vegetables.

4.3 PINEAPPLE FRIED RICE
Prawns 35 **Chicken | Tofu** 32
Special Thai fried rice with chunky pineapple, tomato sauce, egg and vegetables.

4.4 PAD SEE-EW
Prawns 35 **Chicken | Tofu** 32
Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.

4.5 TOM YUM SOUP with NOODLES GF mild
Prawns 35 **Chicken | Tofu** 32
Classic Thai sour soup with rice noodles, chilli, coconut milk, vegetables and chopped peanuts.

JASMINE RICE (per person) 3
COCONUT RICE (per serving) 6
STICKY RICE (per serving) 6
STEAMED NOODLES 10



THAI STIR FRIES

7.2 STIR-FRY with CASHEW NUTS
Chicken | Beef | Pork | Tofu 34
Our famous dish with Benjarong's special soy-based sauce, seasonal vegetables and topped with cashew nuts.

8.4 PAD PAK RUAM (Vegan) 33
Stir-fried seasonal vegetables with soya bean paste and soy sauce and topped with cashew nuts.

7.3 PAD KAPAO (Stir-fry with Basil) mild-med
Prawns 39 **Chicken | Beef | Pork | Tofu** 33
Seasonal vegetables with green beans and bamboo shoot in spicy chilli-basil sauce.

7.4 STIR-FRY with OYSTER SAUCE
Prawns 39 **Chicken | Beef | Pork | Tofu** 33
Seasonal vegetables sautéed with special oyster-flavoured sauce.

7.6 THAI SWEET and SOUR GF
Chicken | Beef | Pork | Tofu (vegetarian) | Vegan 33
Prawns | Fish Fillets 39
Stir-fried dish with seasonal vegetables and pineapple in traditional Thai sweet and sour sauce.

7.9 STIR-FRY with GINGER
Chicken | Beef | Pork | Tofu 33
Prawns | Fish Fillets 39
Stir fried dish with ginger, soya bean paste and seasonal vegetables.

THAI CURRIES

5.1 THAI GREEN CURRY GF mild
Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.

5.2 THAI YELLOW CURRY GF very mild
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.

5.6 THAI RED CURRY GF mild
Original Thai red curry with coconut milk, Thai herbs, bamboo shoot and seasonal vegetables.

5.8 JUNGLE CURRY GF mild-med
Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot, and seasonal vegetables (no coconut milk).

Prawns 39 **Chicken | Beef | Pork | Tofu (vegetarian) | Vegan** 34



5.3 PANANG CURRY GF mild
Chicken | Beef | Pork 34
Meaty curry, tender meat slices in panang curry sauce, Thai herbs and carrots as garnish.

17. BURMESE CURRY mild
Prawns 38 **Chicken** 35
Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in cumin-coconut curry sauce. Served with pickled vegetables and topped with crispy noodles.

7.1 MUSSAMUN CURRY GF mild
Beef 35 **Lamb** 36 **Chicken** 34
Marinated meat slices with potatoes in thick mussamun curry sauce and topped with chopped peanuts.

SEAFOOD SPECIALS

S1 KANG THALAY (Seafood Curry) GF mild 40
Combination seafood (prawns, calamari, fish fillet and scallops) cooked in red curry sauce with carrots, coriander and coconut milk.

S2 CHOO CHEE CURRY GF mild
Scallop Curry | Prawn Curry 39
King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.

S3 PRAWNS and CASHEW NUTS 39
Stir-fried king prawns with seasonal vegetables and Benjarong's special soy-based sauce and topped with cashew nuts.

S4 THALAY GRATIEM
Garlic Scallops | Garlic Prawns 39
Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce with vegetables served in sizzling hot plate.

S5 THALAY JAN RON 42
Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) with vegetables served in sizzling hot plate.

S7 PLA SNAPPER (Deep-Fried Snapper) 60
Deep-fried whole snapper with special sweet-chilli-tamarind sauce.

S8 SALMON and GINGER (Pla Ayuttaya) 39
Pan-fried salmon steak in special ginger sauce topped with sesame seed.

S9 SALMON and PRAWN CURRY GF mild 45
Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.

S10 SALMON in BASIL SAUCE mild-med 39
Pan-fried salmon steak in spicy chilli-basil sauce served with vegetables in a hot plate.



SIDES & EXTRAS

Roti Bread (2 pieces with peanut sauce)	12	ADDED IN THE DISH	
Garlic Broccoli	18	Extra Vegetables	10
Fresh Salad with sweet chilli sauce	18	Extra Cashew Nuts	5
Steamed Vegetables	10	Extra Tofu	6
Prawn Crackers with peanut sauce	10	Extra Meat	15
Peanut Satay Sauce	8	Extra Seafood (charge per piece)	
Chips	11		
Extra Chilli on the side	1		

Mains does not come with Jasmine Rice

We also have separate Vegetarian & Vegan Menu

Mild Medium Medium to Hot Hot Thai Hot
Please specify your chilli level preference when ordering
Extra chilli on the side - 1.00 (Chilli flakes or fresh chilli with soy sauce / fish sauce)

Some dishes contains seafood extracts / sauces as essential part of Thai Cuisine.
We use soya bean oil. Vegan and non-vegan dishes are deep fried in the same wok.
GF GLUTEN FREE & VEGAN SAUCES available for select dishes, please ask staff.

Vegetarian Menu

Please Note:

- These dishes does not contain any seafood extracts / sauces
- All deep-fried dishes (ENTREES and TOFU) are cooked in the same oil with non-vegan dishes.

Entrees & Soups

1.2 THAI SPRING ROLLS (4 pieces) 13.50 **Vegetarian**
Thai spring rolls served with sweet chilli sauce.

8.1 ENTRÉE JAE (Vegetarian Entrée) 15
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.

8.2 TEMPURA BROCCOLI 12
Deep-fried crispy battered broccoli served with sweet chilli sauce

2.1 TOM YUM SOUP   **mild**
Classic warm and sour soup with Thai aromatics and coconut milk

2.3 TOM KHA SOUP 
Rich and tangy mild Thai coconut soup.

Tofu with vegan soup / Vegan Soup



Entrée Size (Single serve)	Main Size (2-3 serving)	Family Size (4-5 serving)
16	33	40

Rice & Noodles

4.1 PAD THAI NOODLES  32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Traditional stir-fried soft rice noodles with vegetables, egg, bean sprout, spring onion and chopped peanuts.

4.2 THAI FRIED RICE 25
Vegetarian with egg / Vegan
Thai stir-fried rice, mixed vegetables and egg.

4.4 PAD SEE-EW 32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.

4.5 TOM YUM SOUP with NOODLES   **mild** 25
Tofu with vegan soup / Vegan Soup
Classic Thai sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

Please specify your chilli level preference when ordering

 **Mild**  **Medium**  **Medium to Hot**  **HOT**  **THAI HOT**

Extra chilli on the side 1.00 (Chilli flakes or fresh chilli with soy sauce)



Mains does not come with rice

If you have any allergy or dietary requirements, please inform the staff



Thai Curries

Vegan / Tofu (Vegetarian)

5.1 THAI GREEN CURRY   **mild** 34
Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.


5.2 THAI YELLOW CURRY   **very mild** 34
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables


5.6 THAI RED CURRY   **mild** 34
Original Thai red curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.

5.8 JUNGLE CURRY   **mild-med** 34
Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot and seasonal vegetables (no coconut milk).

Thai Stir-fries

Vegan / Tofu with Vegan Sauce

7.3 PAD KAPAO (Stir-fry with Basil)  **mild-med** 33
Stir-fried seasonal vegetables and bamboo shoots in spicy chilli-basil sauce.

7.6 THAI SWEET and SOUR  33
Stir-fried vegetables and pineapple in traditional Thai sweet and sour sauce.

7.9 STIR-FRY with GINGER 33
Simple but delicious stir-fried dish with ginger and seasonal vegetables.

8.4 PAD PAK RUAM (Stir fry with Cashew) 33
Stir-fried seasonal vegetables with soya bean paste and vegan sauce and topped with cashew nuts.

16. PRARAM 33
Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce

Sides

Jasmine Rice (per person)	3	Roti Bread (2 pieces)	12
Coconut Rice	6	Steamed Noodles	10
Sticky Rice	6	Steamed Vegetables	10
Chips	11	Fresh Salads	18

Extras added in the dish

Extra Vegetables	10
Extra Tofu	6
Extra Cashew Nuts	5

Kid's Menu

KID A **Chicken Satay**

with Peanut Satay sauce

KID A1 - with Fried Rice | 17

KID A2 - with Chips | 17

KID A3 - with Jasmine Rice | 12

KID B **Chicken Nuggets**

with tomato sauce

KID B1 - with Fried Rice | 17

KID B2 - with Chips | 17

KID B3 - with Jasmine Rice | 12

KID C **Tempura Fish**

with tomato sauce

KID C1 - with Fried Rice | 17

KID C2 - with Chips | 17

KID C3 - with Jasmine Rice | 12

Kid's Desserts

Mini Chocolate Sundae | 6.50

Mini Strawberry Sundae | 6.50

Mini Mango Sundae | 6.50

For kids 12 years and under

Benjarong
THAI RESTAURANT